



NEWSLETTER

Cullen Youth Club DO YOU WANT A PLACE WHERE YOU CAN

Trial run:

Thursday 28 March Monday 1 April Thursday 11 April Wednesday 17 April Chill with friends
Listen to music
Make crafts
Take part in sports
Share your ideas
And much more?

5-8 year olds, 6-7pm

9 years up, 7.30-8.30pm

£2

THEN LOOK NO FURTHER!

Come and give it a try at the Community Centre! Forms available from Cullen Ice Cream Shop

Adults and older teenagers needed to help. Email: info@cullen crc.org.uk

In the AB56 postal area there are 160 registered veterans. That is 10% above average. In addition to those we expect there will be very many others such as those who did National Service still living in the area.



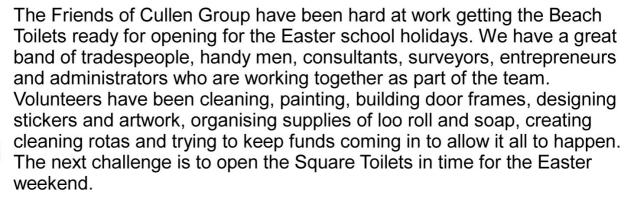
A Veterans' Brunch will be held monthly at the Centre with the first one taking place on on 31st March from 12.00 until 2.30PM.

The Men's Group who are refurbishing the workshop at the back of the centre already has six veteran members. Our aim is to form an integrated community/veterans group which will have access to the shed for creative activities, friendship and support in a safe and creative environment, developing skills and relationships and building self-esteem. The veterans will also be able to use residential accommodation for health and wellbeing courses and activities.

TOILET TALK

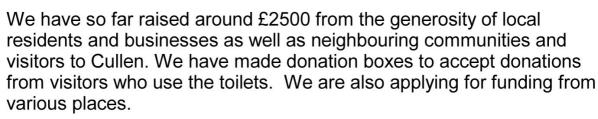




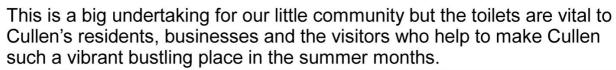














IF YOU CAN GIVE SOME OF YOUR TIME AND ENERGY, PLEASE GET IN TOUCH. We still need people who we can call on for opening and closing the toilets, regular cleaning and monthly deep cleaning. Email any time, info@cullencrc.org.uk.















Donations can be made via our website www.cullencrc.org.uk/community. Small cash donations can also be made to the Cullen Ice Cream Shop. Also donate by bank transfer to sort code 80-22-60 and account number 17659068. Cheques made out to Three Kings Cullen Association can be dropped off at the community centre, Cullen Ice Cream Shop or Mackay's Mini Mart.

What's coming up?

The monthly Drop-In will take place on Saturday 6th April from 10am-12noon. Come and meet up for a cuppa in a friendly, informal setting. Everyone welcome.

Spring Craft Fair Sat 20th April 11am-3pm

A wide range of local crafts will be available to view and buy and you can also try your hand at some of the crafts on offer, such as quilling, zentangle and more. Taster sessions are free so why not come along and let your creative talents shine?



Quilling



Zentangle

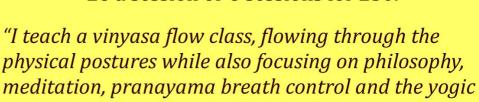


be running the new yoga classes which start on 13th April





Children's Yoga Instructor



personal and social code of ethics. Sequences range from gentle restorative to dynamic. The practice of yoga is intended to be joyful and to lighten the heart and mind by calming and

Saturday morning Yoga

Classes start 13th April at 10am. £6 a session or 6 sessions for £30.

Kimberley has also recently completed her training as

The Centre hosts a wide range of classes and clubs, from patchwork to badminton to African drumming to knitting to art to dancing of all kinds, to short tennis, to mums and toddlers to dog obedience classes and much, much more. Check out our website for more details or contact the Centre.

energising."

www.cullencrc.org.uk

CULLEN MEN'S SHED

In March, the recently formed Cullen Men's Shed welcomed Jason Schroeder, founder of the Men's Sheds movement in Scotland and Archie Peebles from the Inverurie Shed. They gave an informative description of the roles and function of the groups, and were so inspirational that the reassembled group that attended agreed to take the step of forming a committee with trustees to become a charity in their own right.

The health and social benefits were explained at length by Jason and now the Cullen group hopes to encourage many more men to join, and to bring along their ideas for what they would like. All ages are welcome from 18 upwards.

The Men's Shed meets at Cullen Community Centre on Wednesday nights at 7pm.



Calling all Cullen young people

We need your ideas and energy. Why not volunteer for an hour or so a week at the Centre? Great for working towards your Duke of Edinburgh Awards or Queen's Badges and an excellent thing to add to your CV to make you stand out from the crowd.

Please email us if you are interested.

Cullen Community & Residential Centre

Seafield Road

Cullen

Moray

AB56 4AF

Phone: 01542 840701

Email: info@cullencrc.org.uk



Membership forms are available on our website and at the Centre.

www.cullencrc.org.uk

Charity number SC048529